

Blueberry Jam Heart Shaped Doughnuts

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Original recipe and notes at www.devamadeo.com



Details:

Yield: about 10 to 14 medium to large heart shaped doughnuts, plus dough for “doughnuts holes”.

Total time: 5 hours, including kneading and proofing times.

Active time: 15 minutes to prepare the dough mix, 20 minutes to stretch and shape the dough, 20 minutes to fry the doughnuts.

Frying time: 20 minutes

Equipment: stand mixer, parchment paper, baking sheet, heart-shaped cookie cutters, large deep pot or skillet.

My Prep:

Ingredients:

Blueberry Elderflower Preserves
(If only filling some of the doughnuts cut this recipe in half. Store any leftover for other bakes, pancakes, scones or French Toast. It will be good for months in the fridge.):

- Blueberries, fresh or frozen – 3 cups, 373g
- Natural granulated sugar – $\frac{1}{2}$ cup, 100g (if not using elderflower syrup use $\frac{3}{4}$ cup, 150g)
- Freshly squeezed lemon juice – $1\frac{1}{2}$ TBSP, 16g

Steps:

To make the blueberry elderflower jelly:

In a small saucepan combine the 3 cups of blueberries, the $\frac{1}{2}$ cup of sugar and the $1\frac{1}{2}$ tablespoon of lemon juice and bring to a gentle boil over medium heat. Cook for about 10 minutes. Remove from heat and add the 2 tablespoons of flour and the tablespoon of cornstarch, moving frequently. Add the tablespoon of elderflower. Return to heat and cook until achieving a thick consistency, 2 to 3 minutes more. Remove from heat and keep moving for 30 seconds more. Let it cool completely or chilled in the fridge before filling the doughnuts. You can make this a few days in advance.

- Unbleached flour – 2 TBSP, 21g
- Cornstarch - 1 TBSP, 11g (if not using elderflower you can omit the cornstarch)
- Elderflower syrup - 1 to 1 ½ TBSP, 20g to 25g

Doughnuts:

- Butter - 8 TBSP, to be melted and cooled down
- Unbleached all-purpose flour - 2 ½ cups (362.5g)
- Unbleached bread flour - 1 ½ cups (217.5g)
- Water - ½ cup (114g)
- Buttermilk or whole milk, at room temperature - ¾ cup (207g)
- Fine sea salt - 1 ½ Tsp
- Organic large eggs, at room temperature - 2
- Natural granulated sugar - ½ cup (110g) + extra for coating
- Instant yeast - 1 packet, 11g
- Vanilla extract - 1 Tsp
- Neutral oil for frying (vegetable or grapeseed)

To make the doughnuts:

Melt butter and let it cooling down.

In a large bowl mix the 2 ½ cups of all purpose flour with the 1 ½ cups of bread flour.

To make the Tangzhong, mix the ½ cup of water with 3 tablespoons of the flour mixture in a small bowl or measuring cup. Heat in the microwave in 15-seconds intervals until you have a smooth pudding-like paste, probably 2 to 3 times. Stop when mixture is thick and glossy with a pudding-like consistency. Let it cool down (see notes above to make it cool down fast).

Gather the rest of the ingredients so everything is at room temperature, or at least not very chilled. Remember you can get the buttermilk warmed up in the microwave and submerge eggs in hot tap water to make everything come down to room temperature, see notes for the tip).

In the mixing bowl of a stand mixer with the wire attachment, pour the 8 tablespoons of melted butter, the ¾ of buttermilk and mix the 1 ½ teaspoon of fine sea salt. Add the 2 eggs, the ½ cup of sugar, the instant yeast, the 1 teaspoon of vanilla extract and the cooled down Tangzhong. Mix until well combined.

Pour about 3 cups of the flour and mix until combined. Switch to the hook attachment and add the remaining flour. Knead in medium-low speed (#2 in the Kitchen Aid) for 10 to 12 minutes. Dough should not stick to the walls but it will stick to the bottom. In the middle there should be forming large stands of dough when the hook tries to pull it from the wall of the bowl.

While the dough is mixing, use a paper towel to grease the inside of a glass or ceramic medium bowl with vegetable oil.

My recipe highlights:

Dust your hands with a bit of flour because this dough is tacky. Take the dough out and fold in the edges, placing that side down on the greased bowl. Cover with plastic wrap or a kitchen towel and loosely wrap bowl with a puffy kitchen towel or throw blanket. Place in a warm area with no big air draft. Let the dough rise and double in size, about 1 $\frac{1}{2}$ to 2 hours.

Extra notes:

When the dough is ready, dust with enough flour a clean flat surface. Punch the dough (it will deflate) and scrape it out over the surface with the same side up. Loosely shape it as a rectangle. Dust flour over your rolling pin and over the dough, making sure the corners of the dough don't feel tacky. Using your hands (you may rub some flour on them as well) stretch the dough until it's a bit more than $\frac{1}{4}$ " thick. Using a heart shaped cookie cutter cut as many doughnuts as you can, medium or large. Make sure the dough is cut well by separating the area around the cutter. Transfer each doughnut to a baking sheet or large tray lined with parchment paper. Cover with another parchment or smooth piece of cloth and let them rise again for 45 minutes to an hour.

Did you love it?
Fill the heart!



Frying and assembly:

Fill a deep pot or skillet pan more than half with oil. Heat it over medium-high heat until a thermometer marks 340°, oil will start to have ripples and will start to look thinner.

Optional: While oil is heating, cut the parchment paper below each doughnut. You are going to drop each doughnut into the oil using the paper. This way you don't affect the shape of it.

Drop in the oil 2 to 3 doughnuts at a time. Remove parchment paper with kitchen tongs. Let the doughnuts fry until deep golden brown, 2 to 3 minutes. Using a large slotted spoon or spider strainer turn the doughnut and cook the other side, about 2 minutes. Remove from oil and place them over paper towel. Remove a doughnut and add a doughnut before removing the next one,

never leave the oil empty. If at some point the oil gets too hot, turn heat to medium for a few minutes and keep frying. Increase and decrease temperature again if needed.

While doughnuts are frying, coat with plenty of sugar the ones that already have lost some of the heat. Place them in a cooling rack so the sugar won't get moist with their steam. Doughnuts are done!

As soon as they are cooled down, fill them with your favorite filling.

Doughnuts will be good for a week stored in a fresh and dry area.

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